



FALL 2021

Downtown Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30a-7:30a WARRIOR FLOW			
	9:15a-10:15a ALL LEVELS YOGA	9:15a-10:15a ALL LEVELS YOGA	9:15a-10:15a ALL LEVELS YOGA		
	11:45-12:30 Midday Movement Yoga				
		6:45p-7:45p WARRIOR FLOW			